



# LET'S EAT!

Southern cooking is renowned.

As well it should be.

In our early memory, when Grandma put on a spread, it included fried chicken, grits, hot biscuits, fresh collard greens, just-out-of-the-garden sliced tomatoes, and peach cobbler with homemade ice cream. Oh, don't forget sweet iced tea.

It was a meal that gave definition to the term, "comfort food."

The influx of people of varied backgrounds and nationalities, coupled with the increased emphasis on low-fat eating, has brought delightful variations to the cooking of South Carolina.

But if you're looking for the original, it still exists and is just as tasty as always.

## FROGMORE STEW

One of the favorite South Carolinian recipes using fresh seafood is Frogmore Stew, a fabulous concoction of sausage, potatoes, corn and, of course, shrimp. The stew varies with the maker. The important thing is to have a great time with family and friends over a steaming delicious meal.

## INGREDIENTS *Serves 8*

- 1 1/2** gallons water
- juice of one (1) lemon
- salt to taste
- 3 T.** Old Bay Seasoning
- 2 lbs.** sausage (Kielbasa, etc.)  
cut into 1/2" slices
- 10-12** ears of corn on the cob broken  
into 3" pieces
- 4 lbs.** uncooked shrimp in shell

In a large stock pot, add the water, lemon juice, salt and Old Bay Seasoning; bring to a boil. Add sausage and gently boil, uncovered, five minutes. Add corn and cook an additional five minutes (begin timing immediately, don't wait until water is boiling). Add shrimp and cook three minutes longer. Remove from heat, drain immediately and serve.

## JOLLOF RICE

Adapted from Dr. Gabe Mirkin's  
Fat Free Clinic.

Rice has been a staple of South Carolina cooks for generations. The nutritious, fat-free grain is a great source of carbohydrates—and great taste. Jollof rice is a flavorful dish that makes the most of another South Carolina favorite—shrimp.

## INGREDIENTS *Serves 6-8*

- 1 lb.** shrimp
- 2** onions, chopped
- 2** green peppers, chopped
- 2** cloves garlic
- 10 oz.** sliced mushrooms
- 2** carrots, chopped
- 1 can** chopped plum tomatoes in  
paste
- 1 t.** cayenne pepper
- 1 t.** tumeric
- 1 T.** thyme
- 1 lb.** Carolina Plantation Rice\*
- 4 c.** bouillon (more if needed—  
include shrimp cooking water)
- 1 c.** frozen green peas
- cilantro or parsley for garnish  
(optional)

Bring four cups of water to a boil. Add the shrimp and cook until they are pink, 2-3 minutes. Drain the cooking liquid

and reserve; set the shrimp aside to cool. Add bouillon granules and additional water to the shrimp cooking liquid to make four cups.

Simmer the onions, peppers, garlic and mushrooms in 1/2 cup of the bouillon to soften. Stir in the carrots, tomatoes, spices, rice and remaining bouillon; bring to a boil and simmer 45 minutes, or until the rice is tender. Meanwhile, peel the shrimp. Just before serving, adjust the seasonings if needed, stir in the shrimp and green peas, and garnish with cilantro or parsley.

*\*See article on Carolina Plantation Rice on page 66 to order.*

## SHE-CRAB SOUP, A CHARLESTON TRADITION

By Marion Sullivan

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*Best Read Guide Charleston.*

She-Crab soup has long been associated with South Carolina. According to John Martin Taylor, a renowned culinary preservationist, the soup's creation has been attributed to William Deas, a butler in the Rhett household. In 1902, Mayor Robert Goodwyn Rhett purchased the elaborate John Rutledge house on Broad Street, now The John Rutledge Inn. President William Taft is said to have visited Rhett there, but many believe that the home may be most famous for the delicious She-Crab soup invented by Deas.

She-Crab soup purists long for a thin soup filled with flavor—not flour. Deas' recipe contained 12 crabs and only one teaspoon of flour. Taylor's interpretation uses a puree of rice that has been cooked in milk to gently thicken the broth. Should you think this peculiar, remember that the Lowcountry was once the Mecca of the rice world, with rice cultivation reaching its zenith in Charleston in the 1850s. To know the true taste of the legendary She-Crab soup, try Taylor's recipe, then you'll have a benchmark by which to judge any other.



When fresh she-crabs and their eggs are not available, substitute store-bought lump crab meat and a couple of crumbled hard-cooked egg yolks. Although Sherry has been used in recent years, dry Madeira was the fortified wine of choice from the 1700s to Prohibition.

#### INGREDIENTS *Serves 6*

- 2 T.** butter
- 1** green onion, finely chopped
- 1** stalk celery, finely chopped
- 2 T.** flour
- 1 qt.** milk
- 2 c.** heavy cream
- Dash** hot sauce or Tabasco
- 2** hard-cooked eggs (optional)
- 1/3 c.** dry Madeira (or Sherry)
- 1/2 c.** heavy cream, whipped
- 3 c.** of lump crabmeat and eggs paprika

In a heavy saucepan, melt the butter, add the onion and celery, and cook until the onion is soft but not browned. Stir in the flour, then add the milk and cream and bring to a boil, stirring constantly. Remove from heat and let cool a few minutes. Add the crabmeat with the eggs. Substitute crumbled yolks from hard-cooked eggs if fresh she-crabs are not used. When ready to serve, warm the soup briefly to 180 degrees over very low heat, stirring. Do not allow to boil. Taste, season with salt, pepper and hot sauce or Tabasco. To serve, place a small amount of Madeira in each bowl, add the soup, top with whipped cream, and sprinkle with paprika.

For more South Carolina recipes, check out *Hoppin' John's Lowcountry Cooking* available from John Taylor's website: [www.hoppinjohns.com](http://www.hoppinjohns.com).

## CALABASH SEAFOOD

What is Calabash seafood? It's all in the way you prepare it.

And, just how is Calabash seafood prepared? "Lightly" is a word skilled cooks use. If the seafood is heavily breaded, it's not Calabash style. Start with consistently good seafood. The seafood (fish, shrimp, oysters, etc.) is moistened with milk, then lightly coated with a cornmeal and flour breading. Finally, the pieces are dropped into hot peanut oil and deep-fried to perfection.

Often, when the plates of seafood come out of the kitchen, they're piled high with mouth-watering hushpuppies and large helpings of cole slaw.

Up and down the Grand Strand, you'll find a number of Calabash seafood restaurants. In each, cooks pride themselves on preparing authentic Calabash seafood following family traditions, and enjoying repeat business. It's up to individuals and families to decide which restaurant is best. But why settle on just one? Making the rounds might be the best way to experience Calabash cuisine. After all, variety is the spice of life!



## FOR DESSERT... HUGUENOT TÖRTE

South Carolina's greatest contribution to the White House might be the recipe for the Huguenot Torte. Angelica Singleton included it in the wagonload

of trunks bearing her bridal trousseau from Home Place near Sumter when she married Maj. Abraham Van Buren and became her father-in-law's first lady in the fall of 1838.

Of all the favorite recipes of presidents of the United States pictured in *The First Ladies Cook Book*, the Huguenot Torte is the most colorful and mouth-watering dessert. A hit at the White House, this dessert is described as "rich cake, variously made, as of eggs, finely chopped nuts, and crumbs or a little flour."

#### INGREDIENTS *Serves 6-8*

- 2** eggs, whole
- 1/2 t.** salt
- 1 c.** peeled and chopped tart cooking apples
- 1 c.** coarsely chopped pecans
- 1 t.** vanilla
- 1 1/2 c.** white granulated sugar
- 4 T.** flour, mixed with
- 2 1/2 t.** baking powder
- 1 c.** whipped cream, lightly sweetened and flavored with
- 1 t.** almond flavoring

Beat eggs and salt with rotary beater until light and fluffy, then gradually beat in sugar. Fold in apples and pecans with a whisk. Add vanilla, flour and baking powder. Pour into well-greased baking pan about 8" by 12" or 9" by 9" and at least 2" deep. Bake in 325-degree oven for 45 minutes, until crusty and light brown. The torte will swell up and form a crust on top and liquid batter may ooze over the edge unless you occasionally prick the torte with a cooking fork to allow steam to escape. When done, the torte will shrink into the pan, and the texture is that of a macaroon rather than of a soufflé, which it seems to resemble. This may be served warm, cut into squares. However, it is best when chilled overnight, cut into eight squares which can be lifted out with a pancake turner, and served with the sweetened and flavored whipped cream.

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